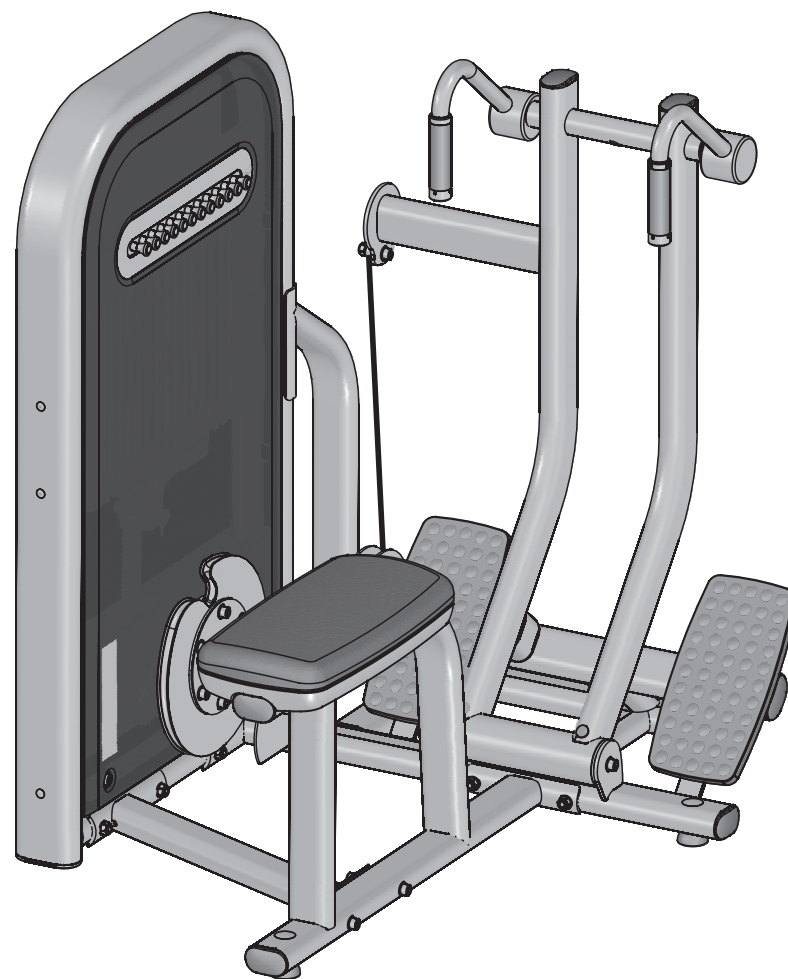


Seated Row

Assembly Instructions



Seated Row **Assembly Instructions**

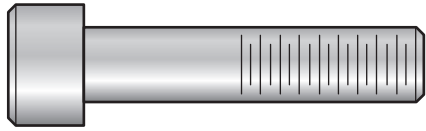
Item	Qty	Description	Part Number
1	1	Pulley	3237801
2	2	Pulley Guard	79794XX
3	1	Tower Support	80385XX
4	9	M10 x 45mm Bolt	3251706
5	41	3/8" Flat Washer	3102514
6	1	Bottom Brace	80004XX
7	1	Center Frame	80187XX
8	1	Tower	79854XX
9	4	M10 x 130mm Bolt	3251720
10	13	M10 Nylock Nut	3242002
11	1	Seat Frame	80188XX
12	6	M10 x 90mm Bolt	3251715
13	2	M10 x 70mm Bolt	3251711
14	1	Right Handle	80191XX
15	1	Workarm	80189XX
16	1	Left Handle	80190XX
17	1	Long Spacer	7330008
18	1	Pivot Shaft	7316506
19	2	Bearing	3235601
20	2	Short Spacer	7330001
21	3	M10 x 25mm Bolt	3251702

Item	Qty	Description	Part Number
22	1	Output Cam	7998501
23	1	Output Plate	7998495
24	1	Output Ring	7998895
25	1	Rear Shroud	8024807
26	1	Front Shroud	8024707
27	4	M10 x 20mm Bolt	3251701
28	1	Plate	7322301
29	1	Seat Pad	74689XX
30	2	M10 x 35mm Bolt	3251704
31	1	M10 Hex Jam Nut	3236901
32	1	Cable	7999601
33	1	Rod End Bearing	3237901
34	1	M10 x 40mm Bolt	3251705
35	1	Spacer	7489402
36	1	Cable Retaining Plate	8001801
37	2	M8 Hex Jam Nut	3247502
38	1	Output Cam Cover Plate	7998995
39	4	Leveling Shim	7893101
40	3	7/16" Hole Plug	3237401
41	6	1" Hole Plug	3237403
42	1	Multi-language Label	8047101

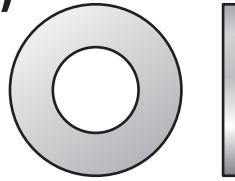
Tools Required:

- 17mm Wrench
- Metric Allen Wrench Set
- Ratchet with 17mm Socket
- Rubber Mallet
- Ratchet Extension

4)



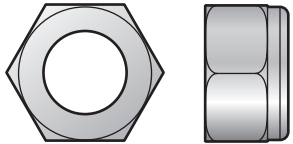
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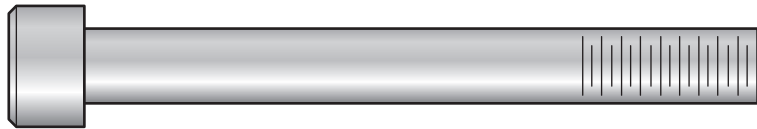
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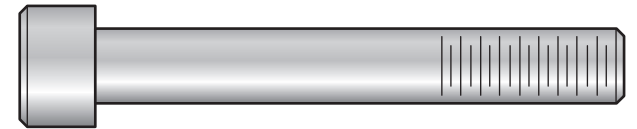
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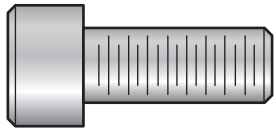
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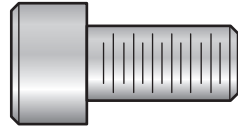
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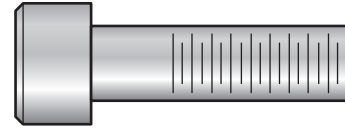
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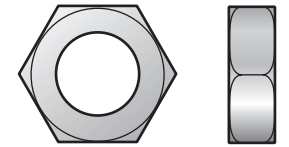
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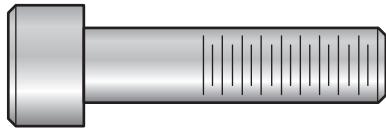
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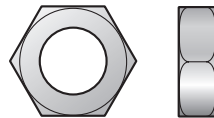
31)



34)



37)

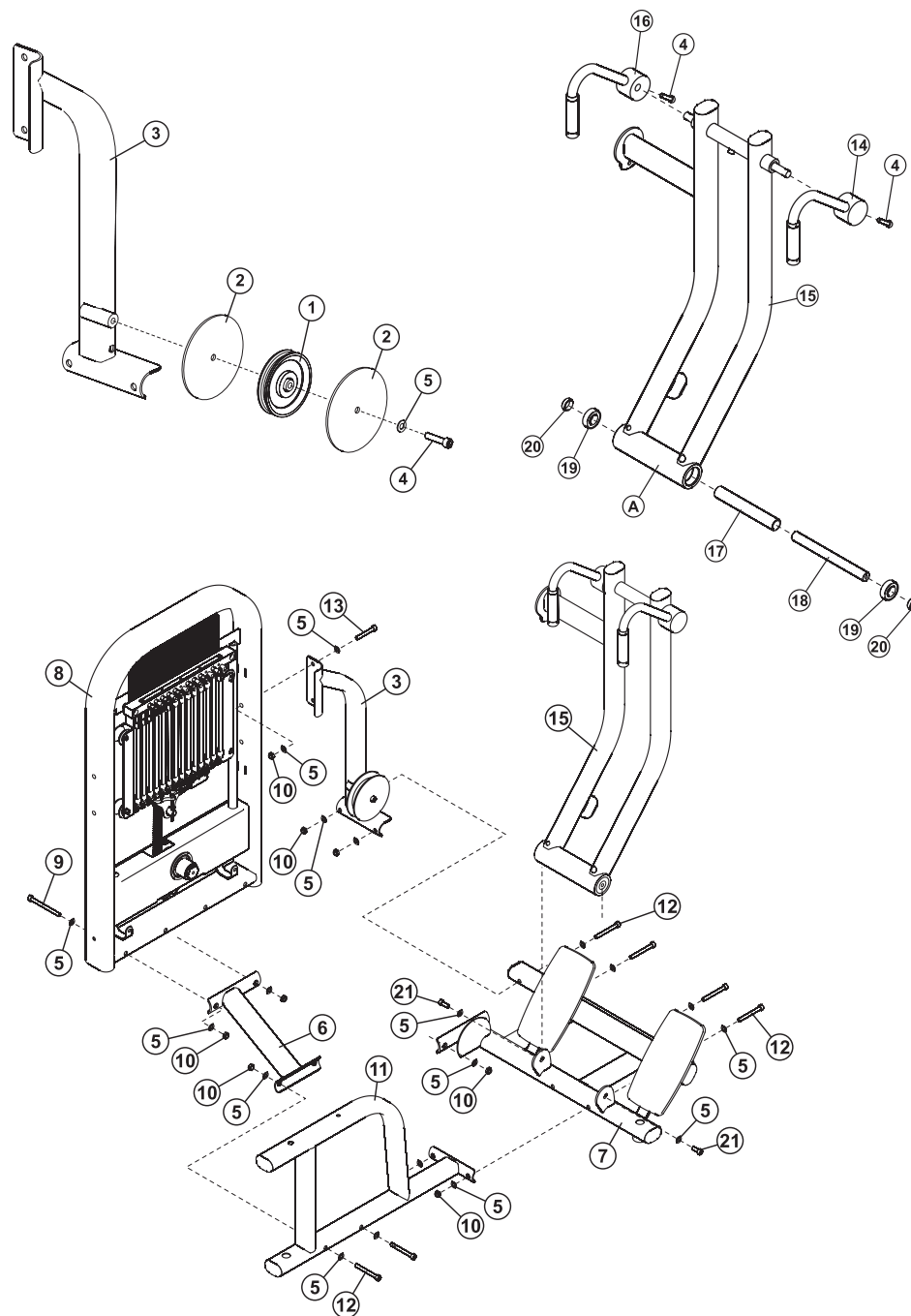


Seated Row

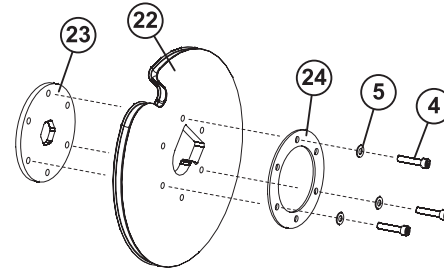
Assembly Instructions

1. Assemble the PULLEY (1) and two PULLEY GUARDS (2) to the TOWER SUPPORT (3) using one M10 X 45mm BOLTS (4) and one 3/8" SAE WASHER (5) as shown. Tighten the BOLT securely.
2. LOOSELY assemble the BOTTOM BRACE (6) and CENTER FRAME (7) to the TOWER (8) using four M10 X 130mm BOLTS (9), eight 3/8" SAE WASHERS (5) and four M10 NYLOCK NUTS (10) as shown.
3. LOOSELY assemble the SEAT FRAME (11) to the BOTTOM BRACE (6) and CENTER FRAME (7) using four M10 X 90mm BOLTS (12), eight 3/8" SAE WASHERS (5) and four M10 NYLOCK NUTS (10) as shown.
4. LOOSELY assemble the TOWER SUPPORT (3) to the CENTER FRAME (7) and TOWER (8) using two M10 X 90mm BOLTS (12), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (10) at the CENTER FRAME and two M10 X 70mm BOLTS (13), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (10) at the TOWER as shown.
5. Tighten all BOLTS and NUTS securely.
6. Install the RIGHT HANDLE (14) over the right end of the HANDLE SHAFT of the WORKARM (15) as shown and secure it using one M10 x 45mm BOLT (4). Repeat for the LEFT HANDLE (16).
7. Slide the LONG SPACER (17), PIVOT SHAFT (18), two BEARINGS (19) and SHORT SPACERS (20) into the BEARING HOUSING (A) of the WORKARM (15).

Insert the WORKARM between the mounting plates of the CENTER FRAME (7) and secure it with two M10 X 25mm BOLTS (21) and two 3/8" SAE WASHERS (5).



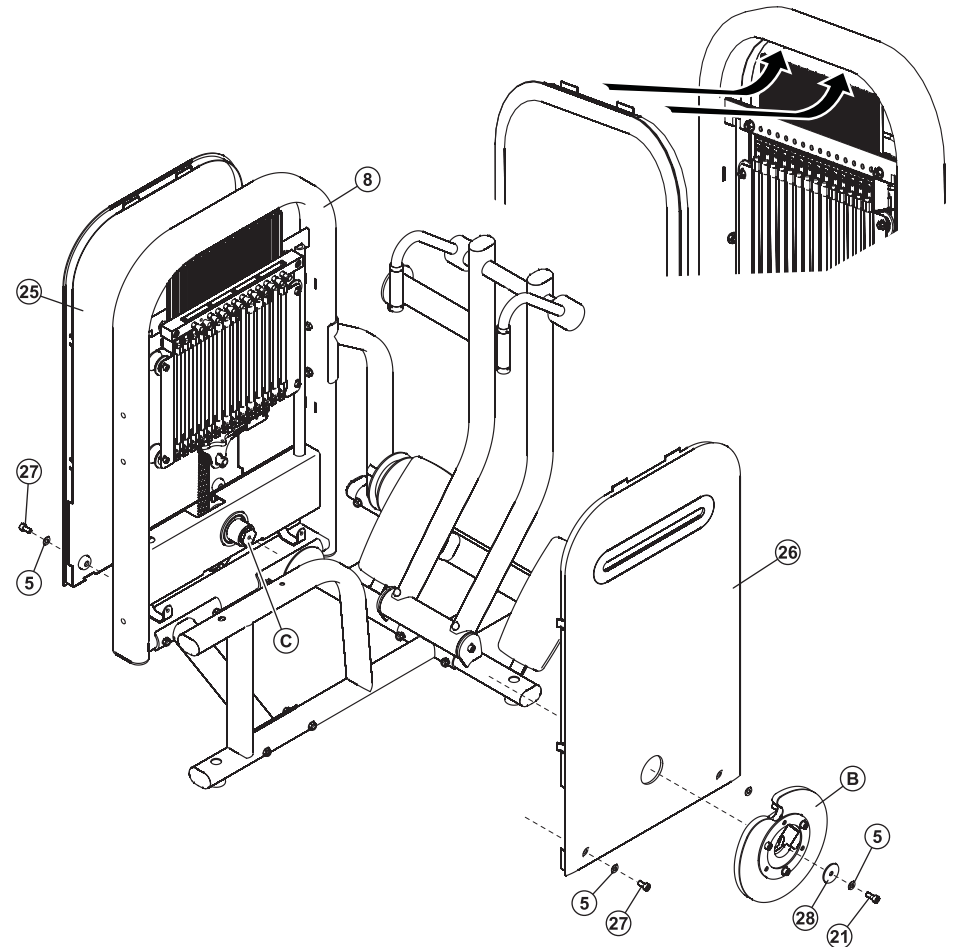
8. Assemble the OUTPUT CAM (22), OUTPUT PLATE (23), and OUTPUT RING (24) using three M10 X 45mm BOLTS (4) and three 3/8" SAE WASHERS (5) as shown. Tighten the BOLTS securely.



9. Assemble the REAR SHROUD (25) and FRONT SHROUD (26) to the TOWER (8) using four M10 X 20mm BOLTS (27), four 3/8" SAE WASHERS (5) as shown. Be sure all tabs along the sides and top of the SHROUDS are fully engaged in the slots located inside the TOWER. Tighten the BOLTS securely. Do not overtighten the BOLTS.

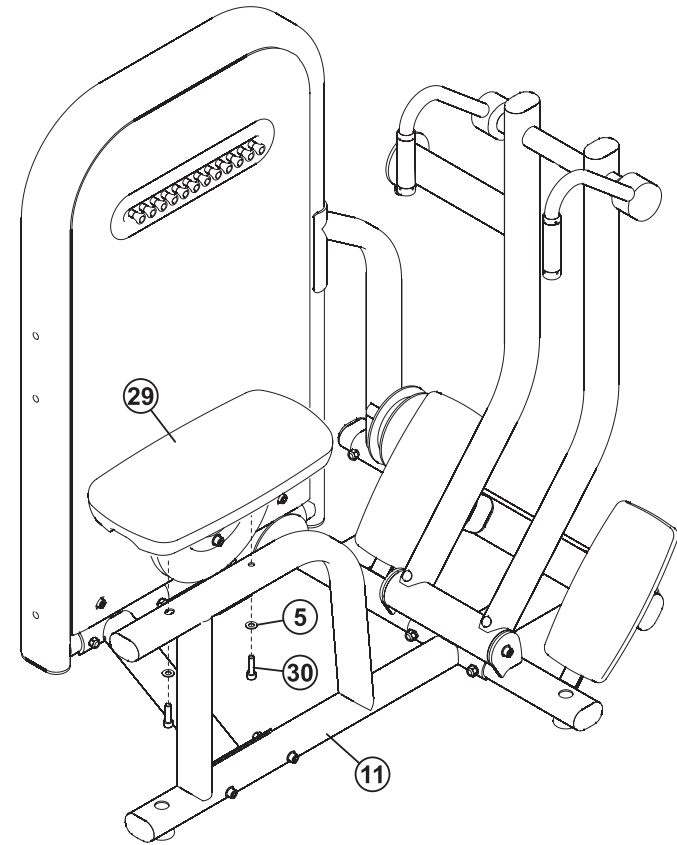
10. Secure the OUTPUT CAM ASSEMBLY (B) to the TOWER HUB (C) using one M10 X 25mm BOLTS (21), one 3/8" SAE WASHERS (5) and one PLATE (28) as shown. Tighten the BOLT securely.

IMPORTANT: Be sure the OUTPUT CAM ASSEMBLY is oriented as shown before securing it to the TOWER HUB.



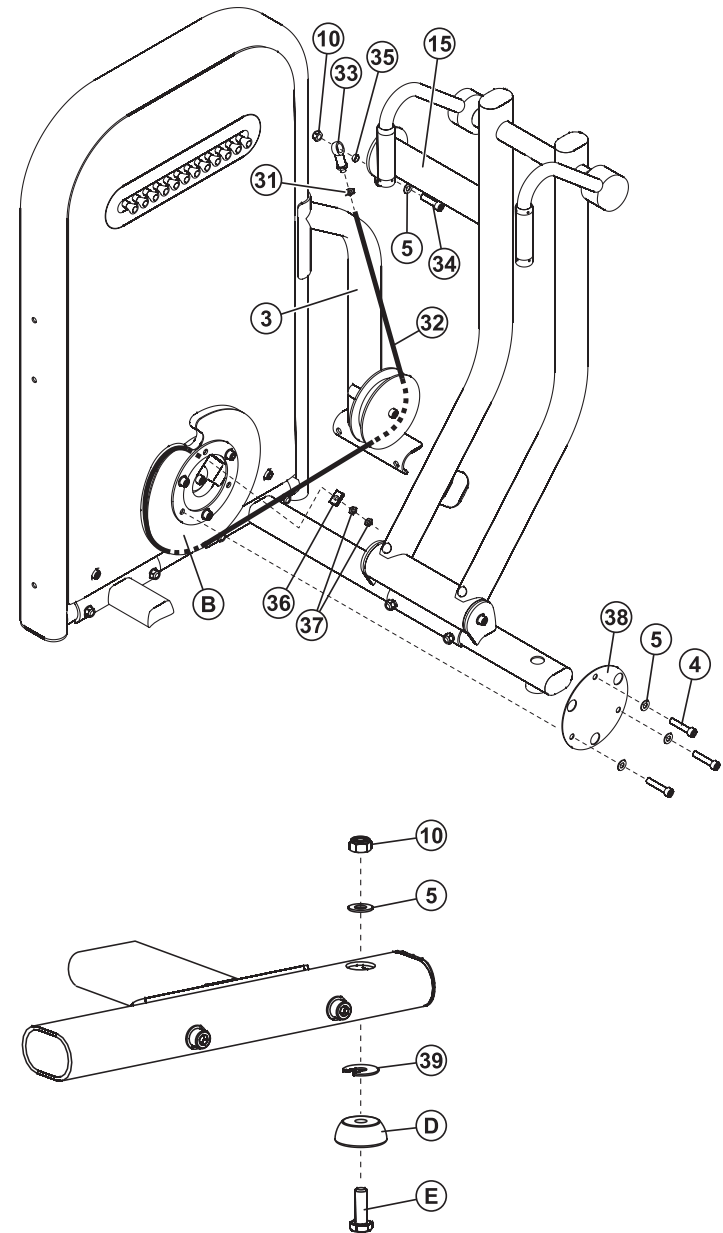
Seated Row **Assembly Instructions**

11. Attach the SEAT PAD (29) to the SEAT FRAME (11) using two M10 X 35mm BOLTS (30) and two 3/8" SAE WASHERS (5) as shown. Tighten the BOLT securely.



NOTE: Some components have been removed from the illustration for clarity.

12. Assemble one M10 HEX JAM NUT (31) onto one end of the CABLE (32) approximately 1/2". Assemble the ROD END BEARING (33) to the same end of the CABLE until it meets the M10 HEX JAM NUT. Tighten the M10 HEX JAM NUT securely.
13. Loosely assemble the ROD END BEARING (33) of the CABLE (32) to the WORKARM (15) using one M10 X 40mm BOLT (34), SPACER (35), 3/8" SAE WASHER (5) and M10 NYLOCK NUT (10).
14. Route the CABLE (32) around the pulley of the TOWER SUPPORT (3) and around the OUTPUT CAM ASSEMBLY (B). Insert the remaining end of the CABLE through the inner hole of the OUTPUT CAM ASSEMBLY. Insert the CABLE RETAINING PLATE (36) over the end of the CABLE. Install two M8 HEX JAM NUTS (37) to the end of the CABLE. Tighten the M8 HEX JAM NUTS until the WORKARM (15) begins to move and all push pins still move in and out freely. Be sure the M8 HEX JAM NUTS are tight against each other.
15. Attach the OUTPUT CAM COVER PLATE (38) to the OUTPUT CAM ASSEMBLY (B) using three M10 X 45mm BOLTS (4) and three 3/8" SAE WASHERS (5).
16. Place the unit in the intended place for use and check stability. If the unit is not stable, the FEET (D) can be adjusted by inserting or removing supplied SHIMS (39). To add or remove SHIMS, loosen the LEVELING FOOT BOLT (E) and NUT (10) until the desired SHIM(S) can be inserted or removed. Lightly tighten the BOLT and NUT. Do not over-tighten the BOLT and NUT.
17. Install HOLE PLUGS in all open bolt holes.



Seated Row

Assembly Instructions